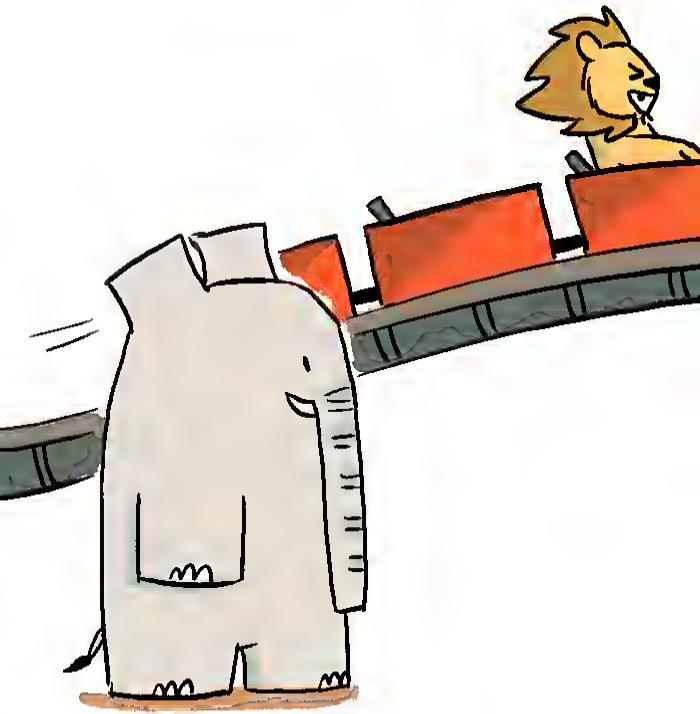
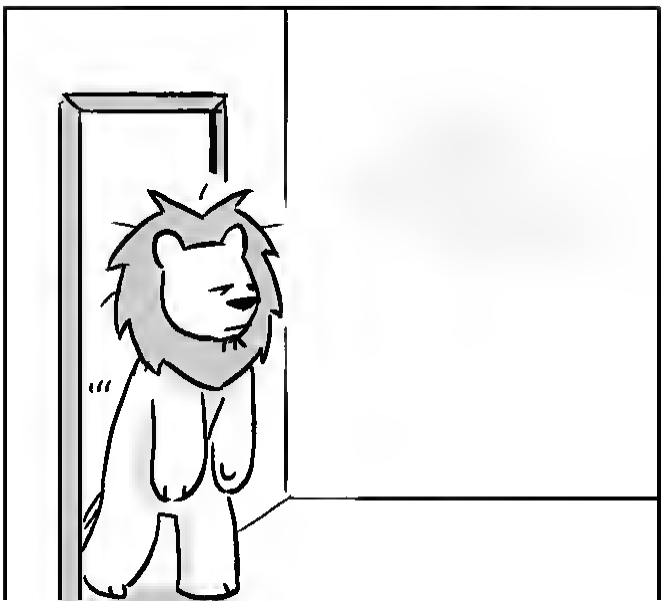
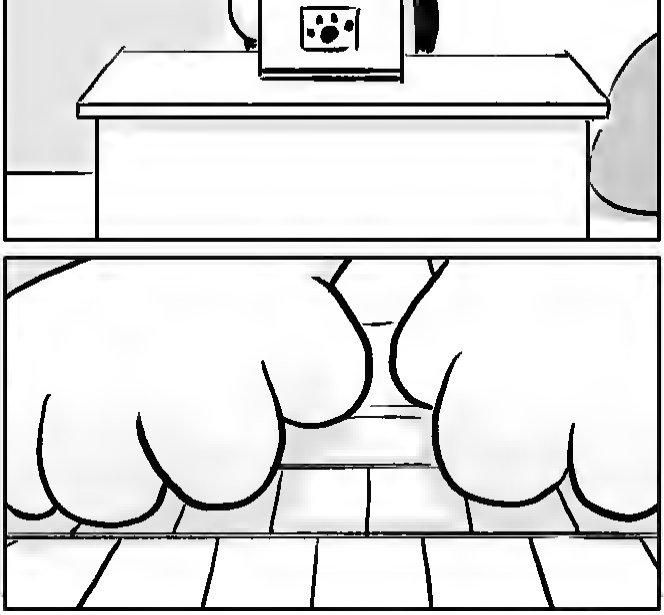
ROAR STREET JOURNAL

The Little Happy Things

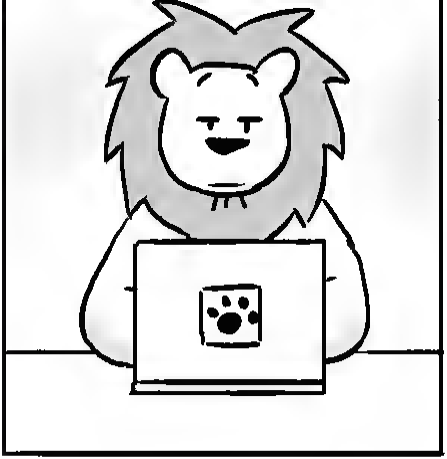


MONDAY

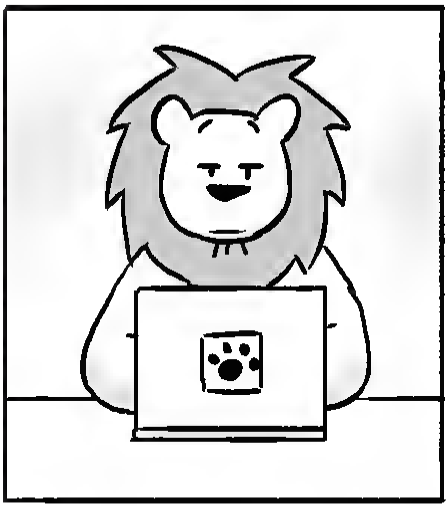




MONDAY



TUESDAY



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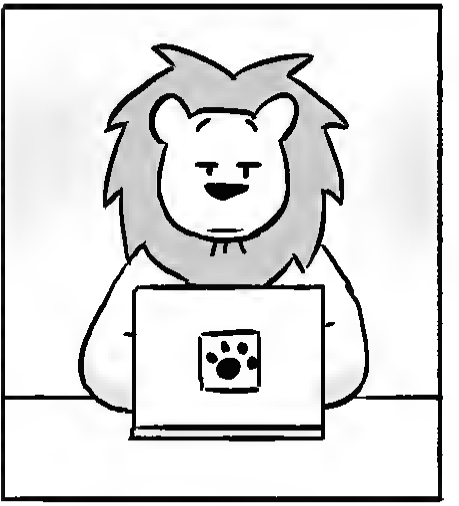
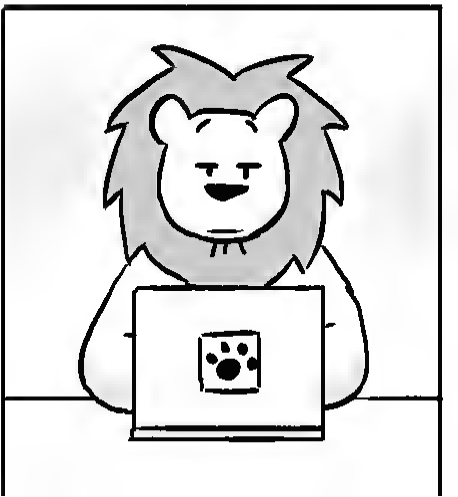
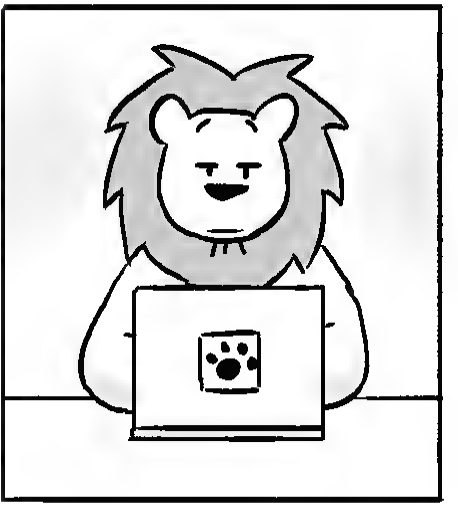


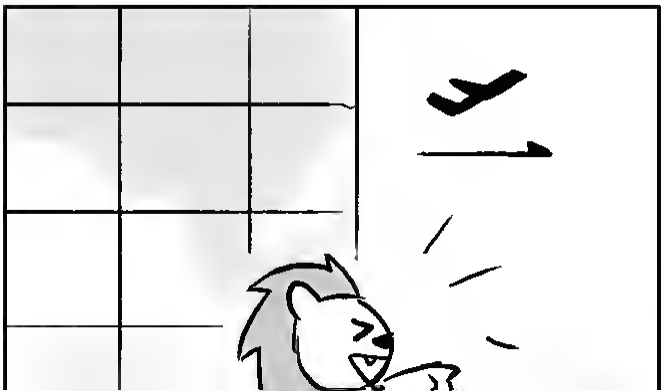
THURSDAY



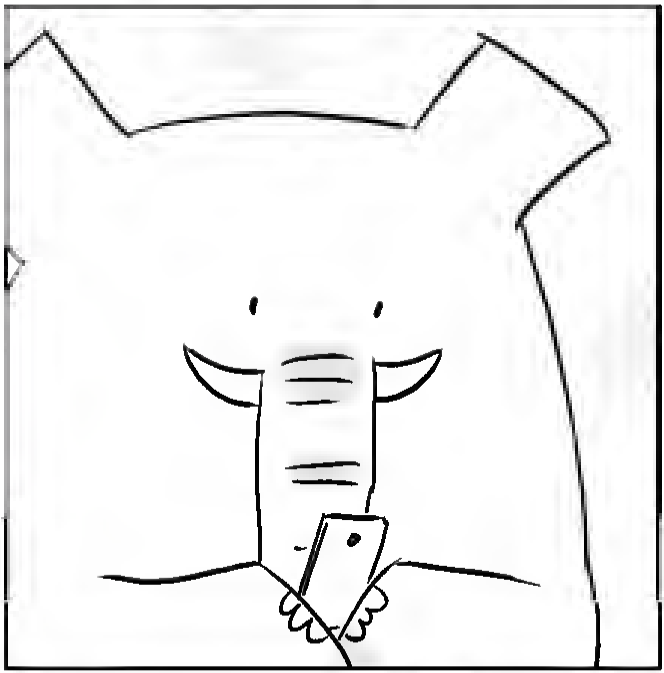
FRIDAY

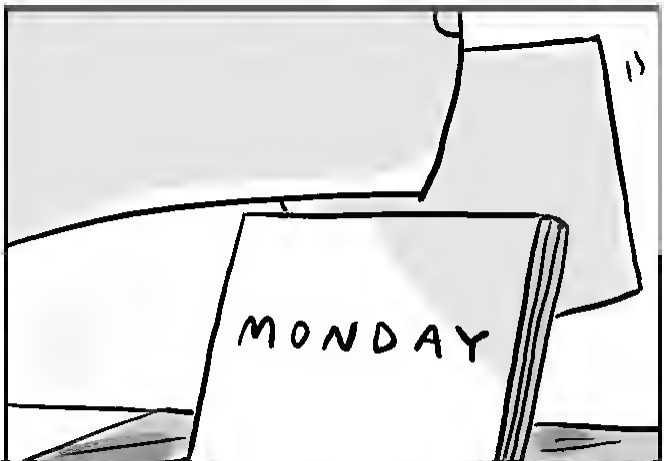


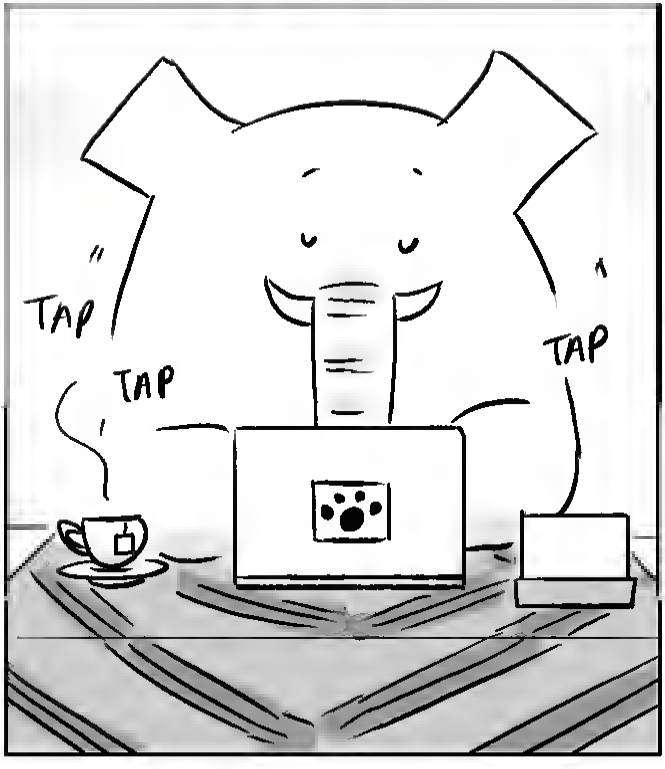
Long



INSTARAM
LEO




MONDAY


TAP
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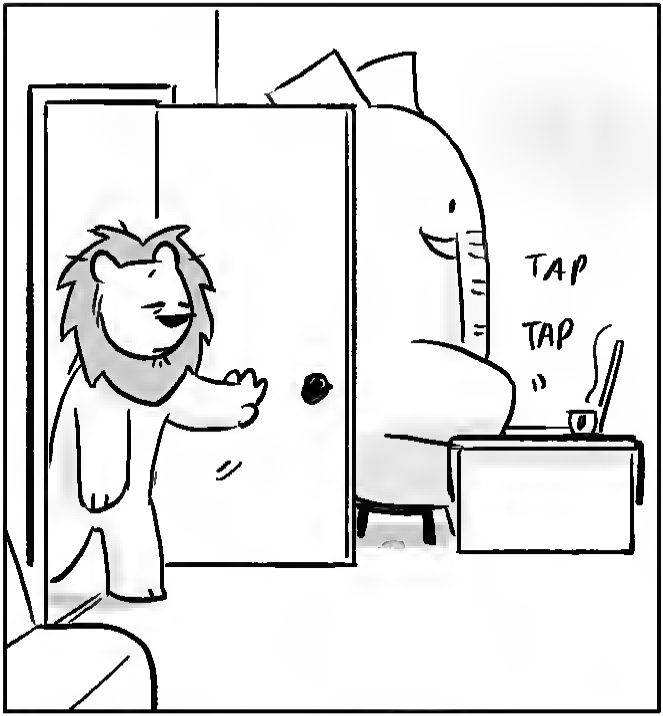
TAP
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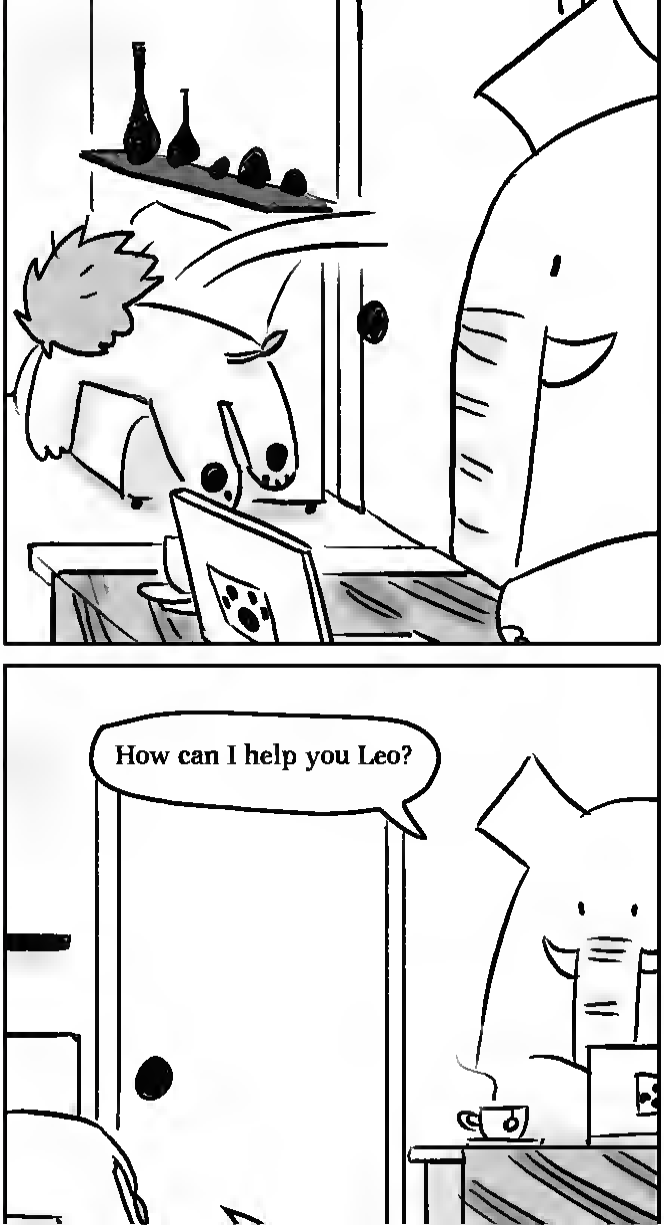
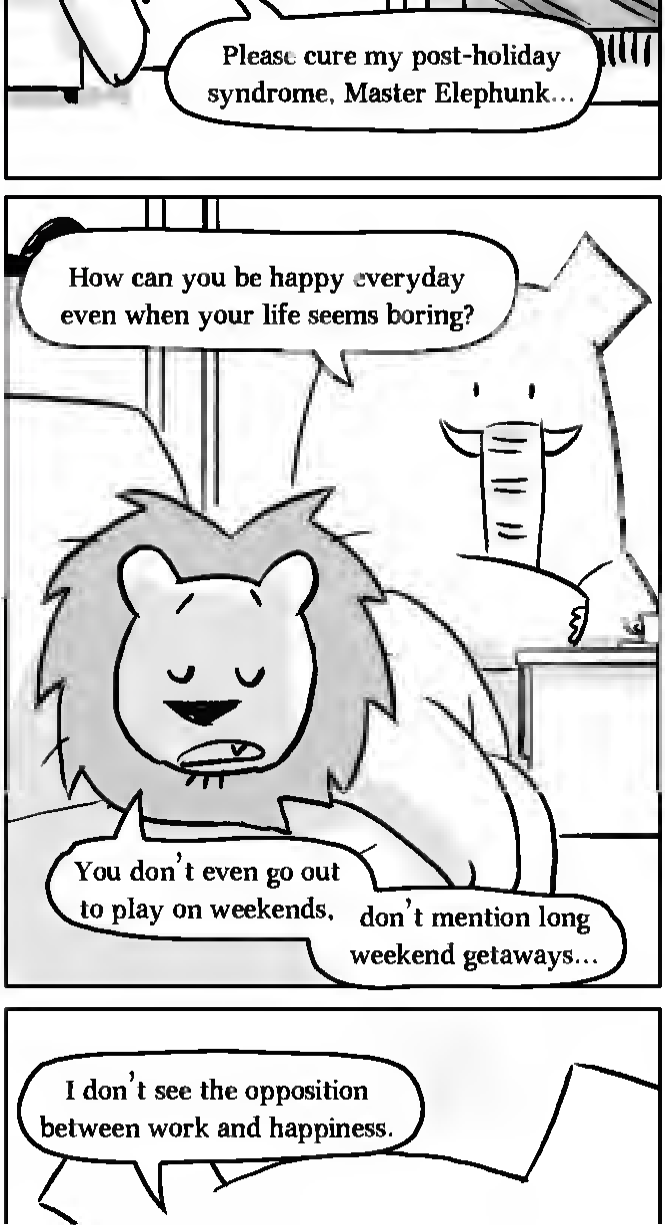
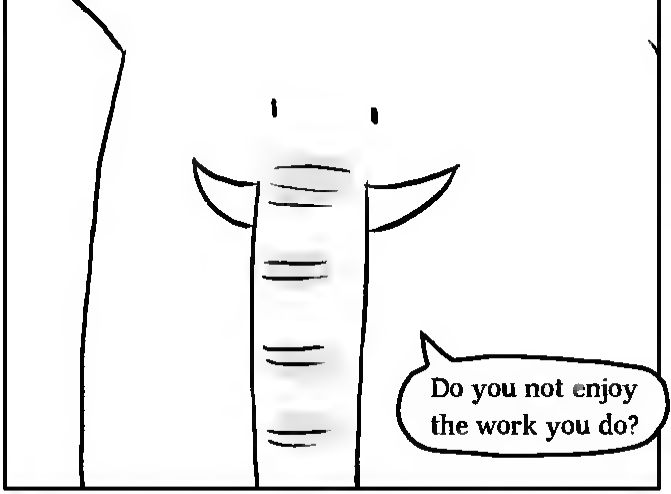
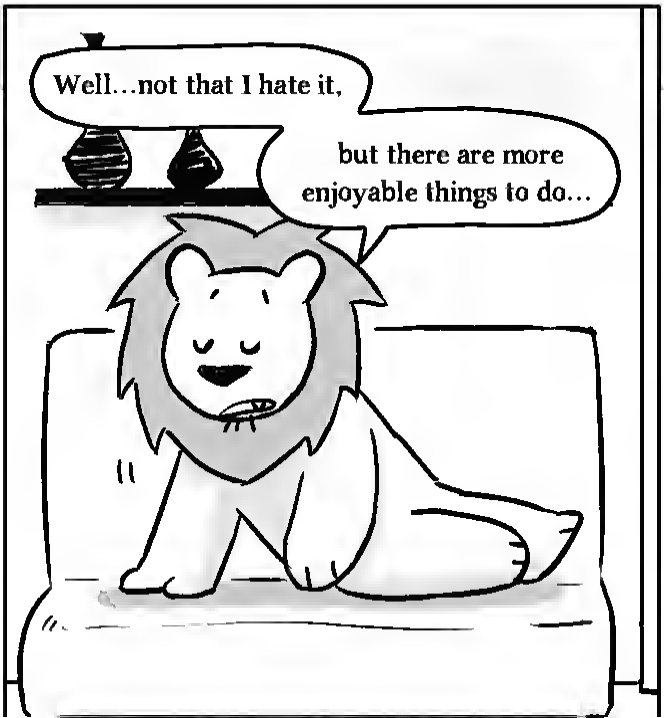
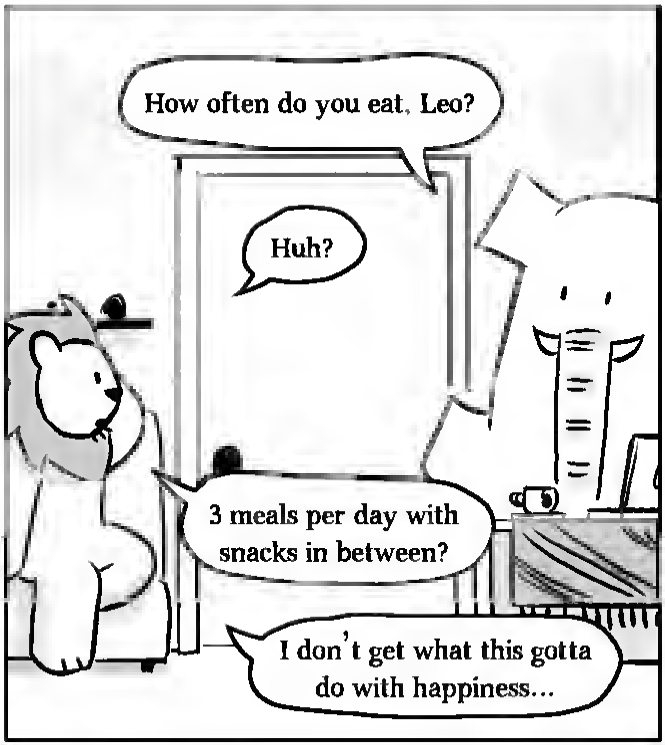
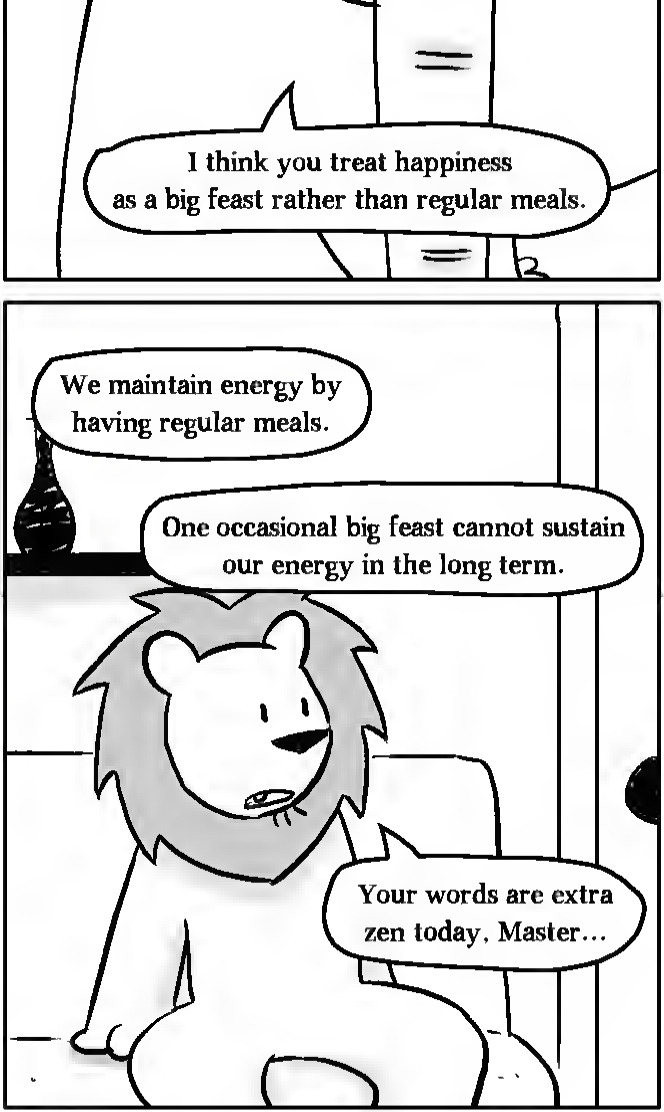

How can I help you Leo?

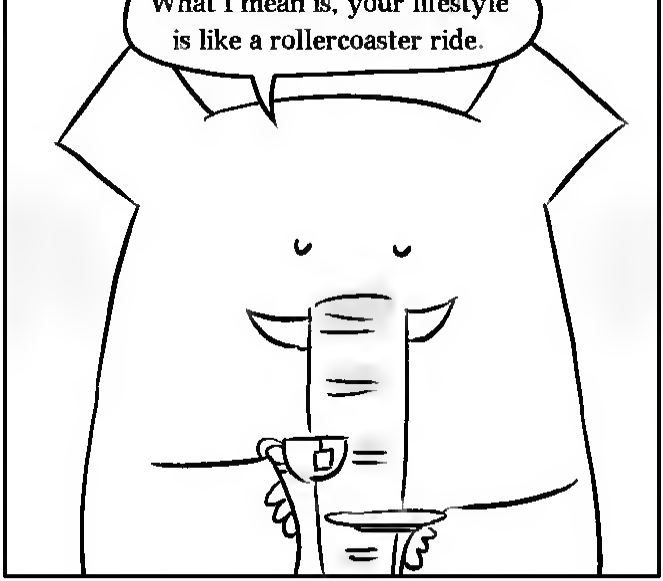

Please cure my post-holiday syndrome, Master Elephunk...
How can you be happy everyday even when your life seems boring?
You don't even go out to play on weekends,
don't mention long weekend getaways...
I don't see the opposition between work and happiness.


Do you not enjoy the work you do?


Well...not that I hate it,
but there are more enjoyable things to do...


How often do you eat, Leo?
Huh?
3 meals per day with snacks in between?
I don't get what this gotta do with happiness...


I think you treat happiness as a big feast rather than regular meals.
We maintain energy by having regular meals.
One occasional big feast cannot sustain our energy in the long term.
Your words are extra zen today, Master...

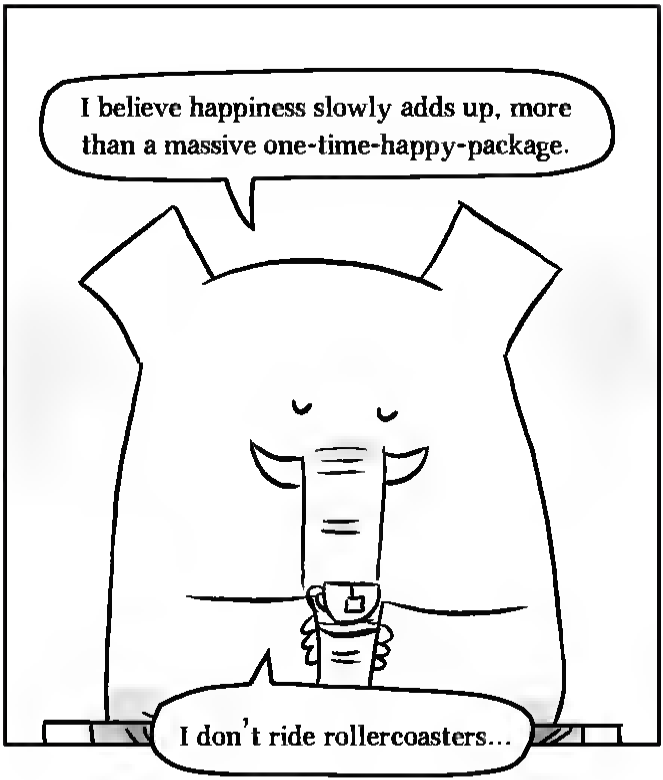


You are only happy during the peaks of the ride.

Woo Hoo!

But after the thrills...

You go back to the miserable bottom,
waiting for the next thrilling ride.
NEXT RIDE.....5 DAYS


I believe happiness slowly adds up, more than a massive one-time-happy-package.
I don't ride rollercoasters...

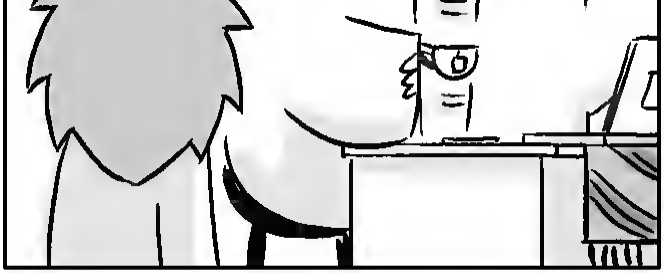
I'll just walk and enjoy the little happy things on the way.

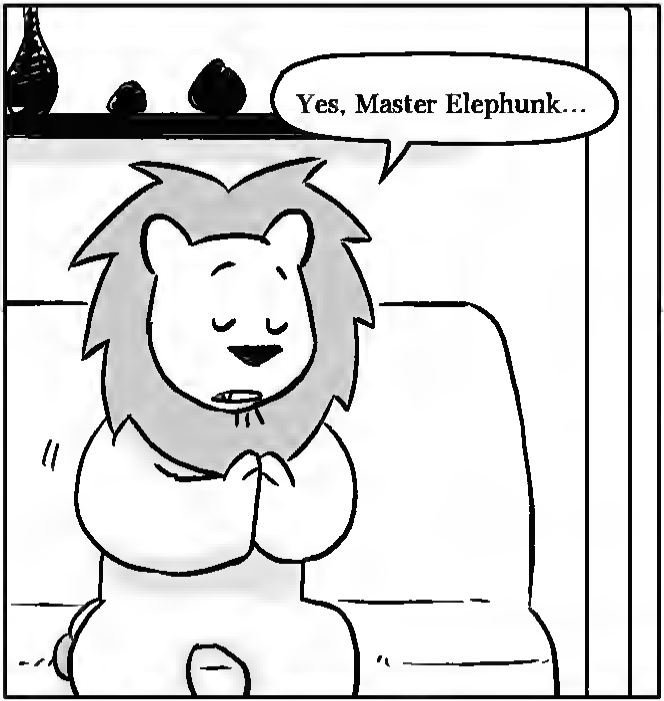
Such as...

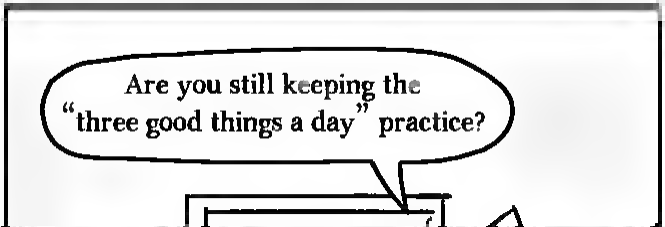
In a long queue,
and the next bus arrives early

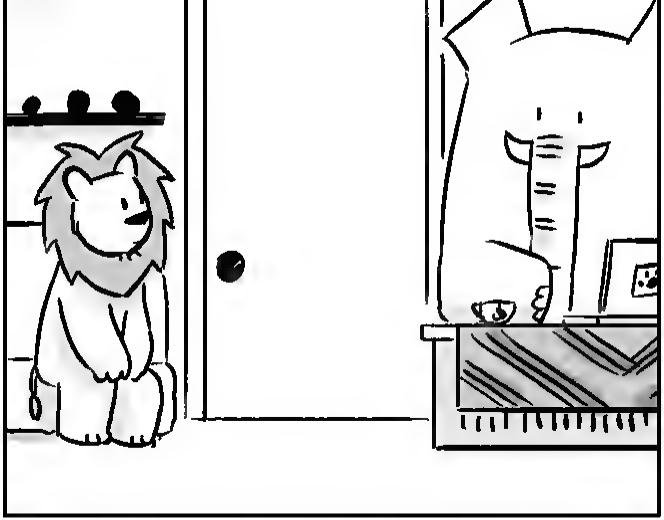
Ordered some new food,
and it is delicious

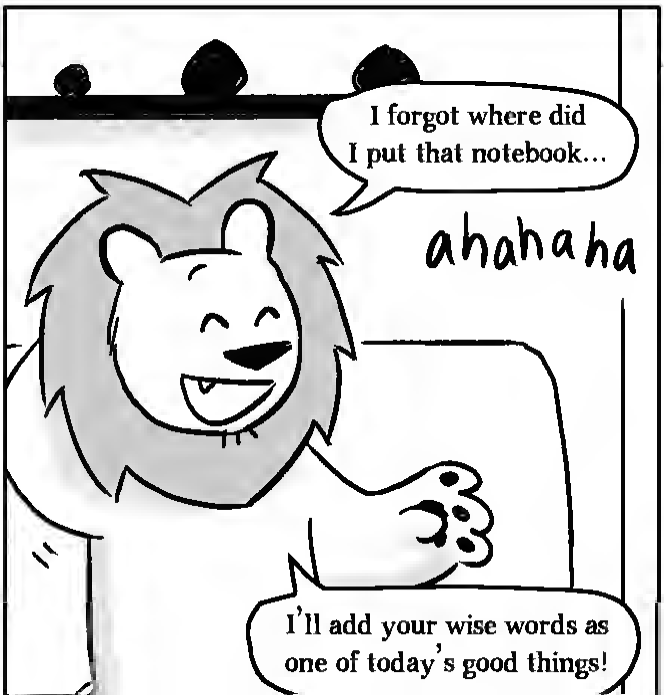
While getaways are fun,
don't forget the little happy things
around you everyday.




Yes, Master Elephunk...


Are you still keeping the "three good things a day" practice?




I forgot where did I put that notebook...
ahahaha
I'll add your wise words as one of today's good things!

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Facebook: BonnieEEP
Twitter: Bonniepangart

Thanks Master, I feel a bit better now...
Do you want to have afternoon tea together?